

Book Notes Winter 2019-2020

Science Past, Science Future

P8 – 10,000 BC development of technics of agriculture

P12 – shortly before 3000BC writing was developed

P14 – religious ideas originating with a few thousand tribesmen invading Canaan about 1250 BC... no the basis of beliefs of all jews, christians, and moslems

P15 – printing invented by Johann Gutenberg in 1450

P16 – 1517 Martin Luther nailed his nintey-five theses to the door of the church at Wittenberg, and that began the history of Protestant Reformation...
Crussaders sacked Constantinople and destroyed manuscripts and scientific speculations, the entire scientific product of a culture of ancient Greeks in 1204

Copernicus manuscripts

P17 – 1764 Joseph black developed an understanding of the interconnection of heat with the boiling of water and the condensing of steam... in 1769 James watt worked out a design for the first practical steam engine. Watt's steam engine was the first “prime mover” based on heat. It was the first device thaat took heat energy from the inanimate world (burning coal, for insance) and put it to wor doing things that until then it was customary for animal muscle to do. With the steam engine there began the “Indutrial Revolution”

p23 – 1787 john fitch had built and was running a steamship on the Delaware river

p24 – first electrical motor in 1834 thomas davenport built... in 1844 the first message went winging along the first telegraph line from Washington to Baltimore

in 1858 telegrraphic communication by means of a cable laid across the Atlantic by the American financier Cyrus West Field of Massachussets, made it possible for Queen Victoria to talk to President Buchanan as thought the three thousand miles between them had dissappeared... 1861 civil war begins

p25 – 1831 cryus hall mccormick invented a mechanical reaper... in 1800, nearly everyone was a farmer,... by 1973, fewer than one in twenty amerians lived on farms... 1835 samuel colt invented the revolver or “six-shooter”... 1836 john ericsson invents screw propeller to replace the water wheel

p26-27 – 1839 charles goodyear discovered (accidentally) the process of the vulcanization of rubber, making rubber a practical industrial material... 1859 edwin drake was the first to drill for oil near titusvile, pennsylvania... 1846 elias owe of massachuusets built the first practical sewing machine... 1852 the first practical elevator devised by Elisha Graves Otis...safety pin by walter hunt in 1849. repeating rifle invented by oliver winchester in 1860. machine gun invented by richard gatling in 1862... rotary printing press by richard hoe in 1846 making the modern large-circulation newspaper possible. 1865 novel about flight to the moon by Jules Verne...

p28 – 1876 alexander graham bell invents the telephone...1879 edisson invents electric light

(don't forget the ones from phone pictures and Eloin files and my first journals from Eloin)

36 - 1900 the first "dirigible balloon" (one that could be directed even against the wind) flew by Ferdinand von Zeppelin 1903 Wilbur and Orville Wright placed an engine on a glider and successfully flew 120 feet, remaining in the air for 12 seconds. 1905 stayed in the air for half an hour and flew 24 miles... 1921 transcontinental mail was being carried by air... 1923 New York to San Diego in 27 hours flown by O.G. Kelly and J.A. Macready... 1927 Charles Lindbergh solo flight from New York to Paris in 33.5 hours. 1940 first commercial helicopter designed by Igor Sikorsky... 1941 first practical jet plane.. 1947 jet plane first flew faster than the speed of sound 760 mph... 1961 first man circle earth beyond the atmosphere and 1969 Neil Armstrong first man to set foot on another world

to be continued at "atomic revolution" (chapter)

41 - 1905 Einstein theory of relativity... 1942 Manhattan project 1945 first nuclear bomb... 1958 US builds first civilian nuclear power plant... Rutherford discovers proton...

54 - 1888 radio waves discovered by Heinrich Hertz, 1901 Guglielmo Marconi transmitted a beam of radio waves across the Atlantic Ocean from England to Newfoundland, TV 1948

58 1642 Blaise Pascal invented an adding machine consisting of a set of wheels connected by gears... 1674 Gottfried von Leibnitz did the same thing... 1850 cash register invented by D.D. Parmelee... 1944 first large scale automatic calculating device - the first machine we could call a computer. Weighed five tons and had over three thousand electrical relays and five hundred miles of wiring. 1946 first electronic computer weighed 30 tons

65 - Christmas Eve 1906 music and speech came out of a radio receiver for the first time... 1938 first practical vision camera "iconoscope" by Vladimir Zworykin... 1960 first communications satellite, the very primitive Echo I was launched. Early Bird 1965 could handle 240 voice circuits or 1 TV channel. 1971 IntelSat IV 5,000 voice circuits or 12 TV channels. 1960s lasers developed, smaller wavelength than radio waves, room for millions of channels

The Conscious Parent

P14 - ... unable to accept that the focus needs to be on changing their mindset rather than on their children. I find that many parents are afraid of opening themselves to the unknown in the way that shifting from unconsciousness to consciousness requires.

The path isn't for the faint-hearted, but for those courageous souls who wish to experience kinship with their children. Our children come to us so we may recognize our psychic wounds placed on us. As we uncover the ways in which our past drives us, we gradually become capable of parenting consciously.

I want to stress that there's no point wishing your unconsciousness didn't exist. Rather, understanding the ramifications of unconsciousness and becoming aware of its consequences can motivate a person to embark on the penetrating self-examination that's required to become an effective parent.

Pvii – parenting consciously isn't for the faint-hearted, as it requires **a courageous excavation of the roots of our own emotional wounds in order to elevate our relationships with our children into the realm of sacred, where our children are our *spiritual partners, even leaders*, leading us to our own spiritual transformation.**

The Dalai Lama Preface – ... When we are born we may not have a clear idea, 'This is my mother,' but we have a spontaneous connection based on our basic biological needs. From our mothers side there is also a tremendous drive to look after her child's physical needs to comfort and feeding him or her. **This has nothing to do with abstract values, but arises naturally because of biology**

... In my own limited experience, the basic source of all happiness is love and compassion, a sense of kindness and warm-heartedness towards others. If we can be friendly and trusting towards others, we become more calm and relaxed. **We lose the sense of fear and suspicion that we often feel about other people... when we are calm and relaxed we can make proper use of our minds ability to think clearly, so whatever we do, whether we are studying or working, we will be able to do it better.**

Chinook Resilience

P4 - The Vancouver land Bridge dedication was part of a larger commemoration of the Lewis and Clark Expedition, perhaps the dominant narrative of colonial expansion

P5 - painful separation... attempts to destroy tribal cultural knowledge... drugs and alcohol abuse... introduced disease... governmental policies of assimilation, Stereotypical views of Indigenous authenticity, identity, and boundaries, and the role of authority bestowed upon non-Indigenous academics and bureaucrats.

... As a result of this continuing colonial legacy, any conflicts over heritage in the present can only be understood through a long-term lens that places the **ramifications of colonial invasion at the base of analysis.**

[Disassociation] P7 - in her seminal work Decolonizing Methodologies, Maori scholar Linda Tuhiwai smith describes the ways that colonialism and imperialism achieve this transfer of authority. She notes that the "collective memory of imperialism has been perpetuated through the ways in which knowledge about indigenous peoples was collected, classified and then represented in various ways back to the West, and then, through the eyes of the West, back to those who have been colonized" Through this process Indigenous communities are effectively disassociated from their own histories and lose the authority to tell their own stories. They ultimately lose the right to be the creators of their own culture: "The West can desire, extract and claim ownership of our ways of knowing, our imagery, the things we create and produce, and then simultaneously reject the people who created and developed those ideas and seek to deny them further opportunities to be creators of their own culture and own nations" 4

... Anthropologists as **"authoritative voices"** on cultural matters, have assumed the status of gatekeepers and determiners of tribal cultural identity and affiliation

P9 - Heritage is a term that is both ambiguous and broad, it is possible to recognize that "heritage is not a 'thing' or a historical or political movement, but refers to a set of attitudes to, and relationships with, the past. These relationships are characterized by a reverence and attachment to select object, places and practices that are thought to connect with or exemplify the past in some way." **Heritage is, therefore, a form of remember that is centrally entangled with the importance of the past.**

P30 - [Ten] characteristics that define the Northwest Coast: (1) a marine and/or riverine orientation that directly shapes subsistence practices, ideology, and cultural outlooks; (2) a highly evolved and sophisticated technology adapted for exploiting marine and riverine resources; (3) a highly developed woodworking technology for the creation of plank houses, canoes, artworks, watertight storage boxes, and basketry; (4) some of the densest human populations is in Indigenous North America, in many areas even higher than densities found in agricultural societies; (5) an emphasis on wealth and property, both tangible and intangible (such as the ownership of songs and dances), with control of wealth a central component of social success; (6) a tripartite systems of social stratification, including a nobility, free commoners, and slaves; (7) true slavery, including in some cases owners' having control over whether or not a slave lives or dies; (8) no form of inter community political organization, with the village typically being the largest political unite; and (9) no formal political offices (10) large, co residential households as the basic unit for economic production, food processing and storage, and social and ceremonial life

P32 - "it is most unpleasant work to **steal bones from a grave**, but what is the use, someone has to do it"

P34 - Indigenous communities were **viewed as too fractured, too transformed, or maybe een no longer present to serve as experts on their own cultures.**

P58 - "H.R. 6689 (2008) (add to timeline, along with timeline of native treaties)

P69 - The conviction that these lands were meant for whites only resulted in little concern by whies regarding the rights of surviving Native Americans in the region...In 1856 under pressure from white settlers fearful of "Indian Raids," the few remaining Chinookan's of the region were rounded up and sent to the Grand Ronde Reservation

Rolling Thunder

P1-2 I was a member of a research team studying volunteer control of psychological and physiological states; we had just completed a lengthy study at the Menninger Foundation of Himalayan yogi, Swami Rama, recording physiological measurements in the laboratory while he demonstrated his ability to voluntarily produce beta, alpha, theta and delta brain rhythms, to control the flow of blood in his right hand , to produce temperature difference of about ten degrees between

the right and left sides of his palm, to speed and slow his heart at will and to stop his heart from pumping blood.

P18 what about the seven investigators who were to observe? Would not our feelings and our state of mind influence the result?

P36 - I told him that I was part of a team researching states of consciousness, volition, self-regulation and creativity, and that since the Council Grove Conference the Greens and I had felt there was much of value he could contribute in these matter....

P38 - I briefly explained how certain processes - **biofeedback and autogenic training - were combined in this research to investigate the possibility that people can learn to voluntarily influence or regulate "automatic" functions such as heart rate, blood pressure and body temperature. Learning to gain some measure of control over these normally "automatic", processes seemed to lead to some success in the regulation of other internal states and functions such as concentration, relaxation, attention and creativity.**

... "A sense of identity and a sense of purpose... how a person should come to know himself and become aware of his needs and motives and natural capacities. It seems to me that one's chances of acquiring awareness of self and purpose and of maintaining good health and achieving that purpose would be greatly enhanced by an understanding of how much of one's condition is voluntary or could be voluntary

... like the words of Thomas Jefferson: the best governments it the least government. Rolling Thunder feels that each man has his destiny or purpose and his own karma to handle. The natural tendency of every government - to regulate people - results in government expansion of power and control to the point of mass manipulation and conformity and is counter to the purpose for which man lives.

... BIA Indians **have succumbed to the Bureau of Indian Affairs' contempt for Indians and its belief in their incompetency. Many have become incompetent, for without self-determination and self-direction anyone is lost.**

... This oppression extends more and more to non-Indians as well, to minority groups, to people in underdeveloped lands, to people of new generations with new ideas, to all the people outside the government establishment

That's wrong. We don't like their club and we won't join it. If it were a good club they wouldn't expect us to, and they'd leave our club alone.

P40 - And by the way, we are not a conquered people. We are not subjects. We have made mutual treaties with the white man, most of which the white man has broken, but there has never been a case of surrender...

... Modern man talks of harnessing nature, conquering nature and making nature a servant of man. This shows that modern man does not know the first thing about nature and nature's ways. And the condition of the environment today proves that. Now everyone is afraid - afraid of **air pollution, radioactivity and poisoned**

water. The land is becoming contaminated and the resources are disappearing or becoming unusable, and now people wonder whether it's too late. You can't make any kind of laws or system to control nature or to control man's inner nature. His consciousness or his natural behavior – the way he thinks and feels. That cannot be controlled. No individual or group can block another individual's path or change it against what fits his nature and his purpose.

...all life and every living thing is to be respected. That's the only answer

... Listening to Rolling Thunder made me wish to get beyond the academic subject-category orientation in which I had been trained to think of politics, health and ecology, and be able to think of all these things as being related, to each other and to the whole earth.

*subject category is likened to defining concrete operations.

Distinctions and categories are useful but may distract from the living force giving rise to the lifeform

Prelude to Foundation

P12 – however theoretically possible a psychohistorical analysis may be, it is not likely that it can be done in any practical sense

P13 - "It made a point of interest to mathematicians, but there was no thought in my mind of it being useful in any way." "I find that disgusting," said Cleon angrily

P46 – psychohistory could not be turned into a practical technique

P88 – if it hadn't been for Hummin's conviction to the contrary and his odd ability to fire Seldon with his own blaze of conviction, Seldon would have continued to think so.

P94 – you can't see anything in a few weeks. You may have to spend your whole lifetime making one little advance. It may take many generations of work by many

P184 – There's a bit of your psychohistory... The downtrodden are more religious than the satisfied

P206 – we carry it at all times so that there is never a moment when any of us cannot open it and read it and remember who we are and who we were

P244-245 – Why, he wondered, did so many people spend their lives not trying to find answers to questions – not even thinking of questions to begin with? Was there anything more exciting in life than seeking answers?

P289 – inexpensive entertainment was at a premium and what was as pleasant – and as inexpensive – as an evening stroll... it was an evening rite

P340 – the imperial forces must keep their hands off, but they find that they can do much even so. Each sector is encouraged to be suspicious of its neighbors. Within each sector economic and social classes are encouraged to wage a kind of war with each other. The result is that all over Trantor it is impossible for the people to take a united action. Everywhere, the people would rather fight each other than

make a common stand against the central tyranny and the empire rules without having to exert force.

P353 - No sane person would, I agree, but the 'Imperial wish,' as it is frequently called, is like a disease that, when caught, drives out sanity. And the closer you get to high office, the more likely you are to catch the disease. With each ensuing promotion

P426 - I try never to interfere except when I have no choice to do so. And when I do interfere, it is rarely that I do more than strengthen, as little as I can, what is already there. If I can achieve my purpose without doing even so much, I avoid it.

Foundation

P37 - "I do not say now that we can prevent the fall. But it is not yet too late to shorten the interregnum that will follow... By saving the knowledge of the race. The sum of human knowledge is beyond any one man; any thousand men. With the destruction of our social fabric, science will be broken into a million pieces.

P71 - I got tired of theory. I wanted to be a psychological engineer, but we lacked the facilities, so I did the next best thing - I went into politics

P80 - there is a branch of human knowledge known as symbolic logic, which can be used to prune away all sorts of clogging deadwood that clutters up human language

P81 - As you see, gentlemen, something like ninety percent of the treaty boiled right out of the analysis as being meaningless, and what we end up with can be described in the following manner: Obligations: None! Powers: None!

P87 - it amounts to a diseased attitude - a conditioned reflex that shunts aside the independence of your minds whenever it is a question of opposing authority.... It isn't just you. It's the whole galaxy. Pirenne heard Lord Dorwin's idea of scientific research. Lord Dorwin thought the way to be a good archaeologist was to read all the books on the subject... he thought the way to solve archaeological puzzles was to weigh opposing authorities. (*...he had refused to even entertain the idea of conducting the research himself to determine what might be the origin planet, seeing it as useless in the light of old dead men hypothesizing*)

Foundation and Empire

P199 - it's a mass psychosis, an unprintable mob panic... here you have a whole culture brought up to a blind, blubbing belief that a folk hero of the past has everything all planned out and is taking care of every little piece of their unprintable lives.

P257 - "sometimes, I don't think anything will help." "Don't!" When you say that, I think the Mule's getting to us."

Second Foundation

P118 - A method of communication - but one which in its clumsiness and thick thumbled inadequacy degenerated all the delicacy of the mind into gross and guttural signaling

P126 – control of self and society has been left to chance or to the vague gropings of intuitive ethical systems based on inspiration and emotion...

Because a large minority of human beings are mentally equipped to take part in the advance of physical science, and all receive the crude and visible benefits thereof. Only an insignificant minority, however, are inherently able to lead man through the greater involvements of mental science; and the benefits derived therefrom, while longer lasting, are more subtle and less apparent.

P134 – ...in a society given over... to the physical sciences and inanimate technology, there was a vague but mighty sociological push away from the study of the mind. It was less respectable because less immediately useful; and it was poorly financed since it was less profitable

*except for that realm of science regarding mob behavior modification and crowd control -

Foundation's Edge

P17 - Why did he trust Comporg? Why not?... he had seemed so stupid, so easily dominated, so surely lacking a mind and opinions of his own that Trevize enjoyed the chance of using him as a comfortable sounding board. Comporg had helped Trevize improve and hone his opinions... Trevize had trusted him for no other reason than that it had been convenient to do so.

P103 – I have always found ... that zeroing in tightly on a particular problem is self-defeating. Why not relax and talk about something else, and your unconscious mind – not laboring under the weight of concentrated thought – might solve the problem for you

P171 – this is not a lawless essemblage, Speaker. Without much in the way of precedent to guide us, we will lean in your direction, recognizing that if our too-human abilities should cause us to deviate from absolute justice, it is better to allow the guilty to go free than to convict the innocent.

P349 – The whole planet and everything on it is Gaia. We're all individuals – we're all separate organisms – but we all share an overall consciousness... In your own body, don't all the different cells know what to do? When to grow and when to stop growing? When to form certain substances and when not to – and when they form them, just how much to form, neither more nor less? Each cell is, to a certain extent, an independent chemical factory, but all draw from a common fund of raw materials brought to it by a common transportation system, all deliver wastes into common channels, and all contribute to an overall group consciousness.

P354

P401 – Every living planet combined into a still greater hyperspatial life. Every uninhabited planet participating. Every star. Every scrap of interstellar gas. Perhaps even the great central black hole. A living galaxy and on that can be made favorable for all life in ways that we yet cannot foresee. A way of life fundamentally different from all that has gone before and repeating none of the old mistakes

Foundation and Earth

P254 – I dislike clouds or night in the open, however. That gives one the sensation of being underground without truly being underground, if you know what I mean. That is cognitive dissonance after a fashion, and I find it very unpleasant.

*Cognitive Dissonance Reference (amidst CC progress)

P385 – There's no way life in the sea can develop a technology. **Technology is always based on fire**, and fire is impossible in the sea.

P486 – It was, however, not easy to create a superorganism as I had hoped. In the first place, it could not be done unless human beings valued the superorganism more than their individuality... they have to value life, *really* value it.

The Caves of Steel

P29 – my briefing on human characteristics here among the people of earth includes information that... they are trained from birth to accept authority. Apparently this is the result of your way of living. One man, representing authority firmly enough, was quite sufficient, as I proved. Your own desire for a squad car was only an expression, really, of your almost instinctive wish for superior authority to take responsibility out of your hands.

P89 – in primitive times, individual population centers were virtually self-supporting, living on the produce of neighboring farms. Nothing but immediate disaster, a flood or a pestilence or crop failure, could harm them. As the centers grew and technology improved, localized disasters could be overcome by drawing on help from distant centers, but at a cost of making ever larger areas interdependent. In medieval times, the open cities, even the largest, could subsist on food stores and on emergency supplies of all sorts for a week at least. When New York first became a city, it could have lived on itself for a day. Now it cannot do so for an hour. A disaster that would have been uncomfortable ten thousand years ago, merely serious a thousand years ago, and acute a hundred years ago would now be surely fatal.

P90 – Let me suggest that if it is no longer possible, it is because of the development of city culture on earth. **Before the cities, human life on earth wasn't so specialized that they couldn't break loose and start all over on a raw world...** But now, Earthmen are all so coddled, so enwombed in their imprisoning caves of steel, that they are caught forever... Civism is ruining Earth, Sir.

P155 – He that is without sin among you, let him first cast a stone at her

P202 – I am trying, to understand some remarks Elijah made to me earlier. Perhaps I am beginning to, for it suddenly seems to me that the destruction of what should not be, that is, the destruction of what you people call evil, is less just and desirable than the conversion of this evil into what you call good... Go, and sin no more!

The Naked Sun

P308 – the Teramin Relationship... The differential of inconveniences suffered with privileges granted... surely the relationship between inconveniences suffered and privileges granted was part of the very essentials of learning how to handle people without an explosion.

P310 - I realized that after all we were in the same room and even though I was not facing you, puffs of air that had been in your lungs must be reaching me and entering mine

P312 - The Helots were men with human feelings and human failings...

P312 - Civilizations have always been pyramidal in structure. As one climbs toward the apex of the social edifice, there is increased leisure and increasing opportunity to pursue happiness. As one climbs, one finds also fewer and fewer people to enjoy this more and more. Invariably, there is a preponderance of the dispossessed. And remember this, no matter how well off the bottom layers of the pyramid might be on an absolute scale, they are always dispossessed in comparison with the apex... it is with the masters of their own world that they compare themselves. So there is always social friction in ordinary human societies. The action of social revolution and the reaction of guarding against such revolution or combating it once it has begun are the causes of a great deal of the human misery with which history is permeated.

P332 - Each individual repeats his own evolutionary history as he develops. Those fetuses back there have gills and a tail for a time. Can't skip those steps. The youngster has to go through the social-animal stage in the same way. But just as a fetus can get through in one month a stage that evolution took a hundred million years to get through, so our children can hurry through the social-animal stage.

The boss had other notions, too. He was interested in improving robots to the point of making them capable of disciplining children without becoming mentally unstable. Why not? Discipline today for a better life tomorrow is a true expression of first law if robots could only be made to see it

P346 - a child discipline for its own future good. Isn't that the theory? Ah, the future good! A simple concept, you think. How human beings are willing to accept a trifling inconvenience for the sake of a large future good? How long does it take to train a child that what tastes good now means a stomach-ache later, and what tastes bad now will correct the stomach-ache later? Yet you want a robot to be able to understand?

Similar to "humanity" as being an "abstract" concept so is "large future good"?

P348 - because anything, however small, that encourages distrust of robots is harmful. Distrusting robots is a human disease!

P351 - this is nonsense. The robot lacked knowledge - ah! We have it. Now let's recite the first law as it should be stated: A robot may do nothing that, to its *knowledge*, will harm a human being; nor through inaction, *knowingly* allow a human being to come to harm.

P402 - victories over ingrained patterns of thought are not won in a day or a year

Robots of Dawn

P80 - might it not be that you deceive yourself into thinking you are the greatest of all roboticists and that you are completely unrivaled, clinging to that at

(don't forget the ones from phone pictures and Eloin files and my first journals from Eloin)

all costs, because you unconsciously – unconsciously, dr. fastolfe – realize that, in fact, you are being overtaken – or have even already been overtaken – by others

P113 – someone will work out the laws of humanics and then be able to predict the broad strokes of the future, and know what might be in store for humanity instead of merely guessing

P167 – In all honesty, I am not sure why I parried your question. You surprised me into something that, perhaps, I don't want to face.

P176 – Any modern robot – would weight such matters quantitatively. Which of the two situations, A or not-A, would create the *most* misery? The robot would come to a rapid decision and opt for minimum misery. The chance that he would judge the two mutually exclusive alternatives to produce precisely equal quantities of misery is small and, even if that should turn out to be the case, the modern robot is supplied with a randomization factor.

P216 – I am a globalist. Since Dr. Fastolfe is a humanist, he is my political enemy

P305 – You are a realist, Mr. Baley. I am pleased with that. People who dream of justice are so apt to be disappointed – and they are usually such wonderful people that one hates to see that happen.

P316 – the general public has its own priorities and is more interested in the next meal, the next hyperwave show, the next space-soccer contest than in the next century and the next millennium

*not a conscious culture!

Robots and Empire

P60 – You see those alternatives, then? Expansion and advancement? Nonexpansion and decay?

*modern day american culture parallels space culture of being too comfortable to expand and advance.

P78 – Conscience? It is a word human beings sometimes use. I have gathered that it is applied to a person who adheres to rules of behavior that force him to act in ways that oppose his immediate self-interest.

*and a conscious culture does not make the interests mutually exclusive (self vs. collective)

P111 – Both emotions, both feelings, existed together and simultaneously. I have observed something of this sort in human minds frequently; two opposite emotions simultaneously present.

*gladia wanting to return to solaria and Captain D.G. Heading his ship straight for the other (p392)

P222 – it is not reason that is contagious but emotion... it may be, then, that the larger the crowd, the more easily they are swayed by emotion rather than by reason.

*explaining the “trump phenomenon”

(don't forget the ones from phone pictures and Eloin files and my first journals from Eloin)

P352 - the work of each individual contributes to a totality and so becomes an undying part of the totality. That totality of human lives- past and present and to come- forms a tapestry that has been in existence now for many tens of thousands of years and has been growing more elaborate and, on the whole, more beautiful in all that time... An individual life is one thread in the tapestry and what is one thread compared to the whole?

P353 - what is your humanity but an abstraction? Can you point to humanity? You can injure or fail to injure a specific human being and understand the injury or lack of injury that has taken place. Can you see an injury to humanity? Can you understand it? Can you point to it?

P392 - Zeroth law deals with vague groups and probabilities

*(NOT SO VAGUE) current stats, vague groups (slaves) probabilities (pollution)

P448 - It is astonishing that a collection of statements that are individually true can be used, in combination, to yield an effect that the truth should not.

Forward The Foundation

P126 - there arose a group of people on Helicon who were quite convinced that Helicon was the only inhabited globe in the Universe. Helicon *was* the Universe... Globalisists insisted that all evidence to the effect that the Empire existed was either illusion or deliberate deceit, that Imperial emissaries and officials were Heliconians playing a part for some reason. They were absolutely immune to reason... Globalism caused a diminishing of Imperial trade and the ... economy slid into the doldrums. When the belief began to affect the pocketbooks of the population, it lost popularity rapidly.

P139 - you can preach brotherhood all you want, but no one feels like a brother... They want to be treated as equals, they say, and so they do, but, given a chance, they have no desire to treat others as equals.

*real laws would be obliged to help people to overcome their deficient programming, to learn how to treat each other as equals, to become human again. Social and

P159 - Do you think a great many people could come to some decision quickly in times of emergency? Or would they just sit around and argue?

*how 'bout not "a great many people" but all the people. With today's technology. And preparations to completely eradicate or drastically reduce each and every potential for emergency

P194 - Desperance! Raych knew about desperance. It was a chemical modification of a perfectly harmless tranquilizer. The modified form, however, did not produce tranquility but despair. It had been outlawed because of its use in mind control, though there were persistent rumors that the Imperial Guard used it.

*Kennedy assassinator claims loss of memory. Opium epidemic.

P212 - You're arguing rationally and rationality is not going to be in fashion for a while.

P328 - I have a notion that youngsters are born - not often but occasionally - with such mental abilities, but that, in general, it merely gets them in trouble and they learn to mask it. And as they grow up, their ability, their talent, is buried deep within their minds - sort of an unconscious act of self-preservation.

P379 - the empire is steadily deteriorating and falling apart, but that doesn't keep some individuals from growing rich.

P395 - When we come to such a crossroads in our 'civilized' society that a man of Professor Hari Seldon's standing is made to bear the humiliation, abuse, and lies of his peers simply because of who he is and what he stands for, it is truly a dark day for the Empire. I admit that I, too, was taken in - at first. 'Why *wouldn't* professor Seldon resort to such trickery in an attempt to prove his predictions?' But, as I came to see, I was most grievously wrong. For I was ascribing to Professor Seldon motives born of our new society, a society in which honesty, decency, and goodwill are likely to get one killed, a society in which it appears one must resort to dishonesty and trickery merely to survive.

P399 - You, by the very nature of your work, are threatening the essential fabric of the Empire... I am referring to the heart and soul of the Empire - its people. When you tell them the Empire is failing, you are saying that *they* are failing. And this...the average citizen cannot face.

P415 - psychohistory is a most valuable tool to be used for the preservation of our culture. Yes, *preservation*. Undue emphasis has been placed on the destruction... By doing so, the true value of psychohistory has been over-looked.

The Barn Dance

Reminding myself of the beauty and fun in engaging in existential fantasizing and beliefs - Reminds me of the purpose of CC - to give the luxury of belief to all. It's great you feel the need to believe a certain thing, but what is the reality of the situation? Your life supports slavery and is vulnerable to collapse. You can (figuratively) try to find great meaning in the destruction of life or you can actively (Operative Intelligence) work to preserve it

No notes. Just a revisiting passion that impatiently urges me to complete what I know to be true.. The message of CC which I can't help but continuously reframe and reframe, reinvent and reinvent without ever fully completing one simple version..

Opening Skinners Box

P27- "Things grow steadily worse and it is disheartening to find that technology itself is increasingly at fault. Sanitation and medicine have made the problems of population control more acute. War has acquired a new horror with the invention of nuclear weapons, and the affluent pursuit of happiness is largely responsible for pollution." 1971, *Beyond Freedom and Dignity* BF Skinner

P28 - **"Our age is not suffering from anxiety but from wars, crimes, and other dangerous things. The feelings are byproducts of behavior."**
1971, *Beyond Freedom and Dignity* BF Skinner

P44 - "Milgram wrote to his backers, telling them of his results: "In a naïve moment some time ago, I once wondered whether in all of the United States a

vicious government could find enough moral imbeciles to meet the personal requirements of a national system of death camps, of the sort that were maintained in Germany. I am now beginning to think that the full complement could be recruited in New Haven."

P51 - "I was worried about my heat."..."I was worried that the experiment was causing me so much stress that I might have a heart attack, and also, I didn't want to hurt the guy"

P54 - *New York Times*, "65% in Test Blindly Obey Orders to Inflict Pain."

P100 - "Here are the results: very few acted- **thirty-one percent** to be exact, similar to Milgram's thirty-two to thirty-five percent disobedience rate."..."When the subject was in a group of four or more, the subject was unlikely to seek help for the victim. On the other hand, **eighty-five percent** of subject who believed they were in a dyad with the student, (**with no other bystanders**), sought help and did so within the first three minutes of the crisis. Darley and Latane also found that if subjects **in any size group did not report the emergency within the first three minutes, they were highly unlikely to do so at any point.**"

Necessity for First Responder Training

P113 - A Theory of Cognitive Dissonance "The psychological opposition of irreconcilable ideas (cognitions) held simultaneously by one individual, created a motivating force that would lead, under proper conditions, to the adjustment of one's belief to fit one's behavior - instead of changing one's behavior to fit one's belief (the sequence conventionally assumed)

P116 What they found is that those who had lied for one dollar were far more likely to claim, after the fact, that they really believed the lie. What they found that those who had lied for one dollar were far more likely to claim, after the fact, that they really believed the lie, than those who'd earned twenty dollars. Festinger hypothesized that it is much harder to justify lying for a dollar; you are a good, smart person, after all, and good smart people don't do bad things for *no real reason*. The twenty-dollar subjects experienced less dissonance; they could find a compelling justification for their fibs, and that justification had double digits and a crisp snap.

How interesting, that money is a good enough justification for a "good smart person" to do a bad thing for a *real* reason....

P117 The Chinese did this, not through torture or through big gilded bribes, but merely by offering the prisoners a bit of rice or candies for writing an anti-American essay... Dissonance theory predicts that the *more paltry to reward* for engaging in behavior that is inconsistent with one's beliefs, the more likely the person is to change his or her sense. It makes kind of crooked sense. If you sell yourself for a piece of candy, or a single cigarette, or a scatter of rice, you had better come up with some convincing reason why you did this, lest you feel you are, just simply, a schmuck.

P122 In Jonestown, nine hundred people killed themselves as a way of resolving dissonance.

P123 Why, I ask Aronson, does he think some people rationalize, while others more deeply revise? And more importantly, how do those people in the midst of a major paradigm shift deal with the long days, weeks, months of grating, and what can their ability to tolerate such sounds and sensations teach us about how we might do the same, in search of a wider life? Has anyone studied these types of people?", "That's human growth stuff, I would speculate that the types of people who respond to dissonance with honest introspection would have high, well-grounded self-esteem, or they might also have really low self-esteem, so they've got nothing to lose by saying, 'Geez, I guess everything I invested in really doesn't make much sense; I'm really a jerk. **We don't have any data, because we don't have people. People like you're talking about are few and far between.**"

P128 "V, S, Ramachandran... claims we have a neuronal "devil's advocate" device located somewhere in our left lobe. The devil's advocate signals a little neurotransmitter alarm when it detects jabs at our sealed belief systems, and that's what allows us to even experience dissonance. In our right lobe, however, we have a Scheherazade of synapse and cell, a gleeful and powerful confabulator that often overrides its horned opponent...

East Asians engage in far fewer rationalizations than Americans do... East Asian people... have less of a need to reduce it (cognitive dissonance), probably because the structures that seek linear thought patterns have been rewired through spiritual exercise.

P129 Festinger claimed that, ironically, worry could be a way of reducing cognitive dissonance. You feel afraid for no good reason, so you create a reason, and thereby justify your worry.

P141 No matter what the torture, Harlow observed that the babies would not let go. They would not be deterred; they would not be thwarted

Blind to Betrayal

P144 some of the cloth-mothered monkeys began to display autistic-like features, rocking and biting themselves.... There are three variables to love - touch, motion, and play - and if you can supply all of those, you are meeting a primate's needs.

P156 strapping a monkey into a seat for days on end, and giving it a button to push for relief, says nothing about the power of drugs and everything about the power of restraints - social, physical, psychological.

P157 Opium, called in the olden days the sacred anchor of life, the plant of joy, Milk of Paradise, written about by classic Greek physicians as curing "chronic headache, epilepsy, apoplexy, tightness of breath, colic, lilac poison, hardness of the spleen stone, the troubles to which woman are subject, melancholy and all pestilence."

P158 He spent his life studying addiction and has come to the conclusion that it does not reside in the pharmacology of a drug at all but in the **complex weave of unsupportive societies...** History may prove him right. Prior to the temperance movement, when opium was legal, addiction levels remained at a steady one percent of the population.

(don't forget the ones from phone pictures and Eloin files and my first journals from Eloin)

P159 citing the Vietnam War as a natural experiment in drug addiction; ninety percent of men who became "addicted" to heroin on the war fields stopped using once they hit home turf... a 1990 study of young Americans which showed that 5.1 percent of them had used crack once in their life, but only 0.4 percent had used it the month of the interview and less than .05 percent had used it twenty or more days in the month of the interview

P161 people used, not because they HAD to pharmacologically, but because the substance was one valid way of adapting to difficult circumstances

P164 We stop producing our own natural drugs and come to rely on an external source, a kind of **mixed-up foreign economic policy that leaves us depleted in the end, without internal resources.**

P166 The seduction... rats have a sweet tooth and are rarely, if ever known to turn down dessert.... Because plain morphine is bitter, and rats hate bitterness, the researchers gave both sets of rats morphine-laced water sprinkled with sucrose... They consistently showed preference for the straight H2O and when the two groups were compared, the caged isolated rats drank up to sixteen times more than the park residents... When the researchers added Naloxone... the rat-park rats reversed their aversion to the narcotic water and drank it... this rather stunning finding shows...how rats, when in a "friendly" place, will actually avoid anything, heroin included, that interrupts their normal social behaviors.

P167 "natural affinity" idea is wrong, an overgeneralization of experiments on isolated animals... Solitary confinement causes extraordinary psychic distress in human beings and is likely to be just as stressful to other sociable species.... Morphine... is such a powerful anesthetic and tranquilizer... as such, it interferes with a rat's (or a person's) ability **to play, eat, mate and engage in other behaviors which make life rewarding.**

P168 the caged group continued to partake in the morphine; the rat-park group, even when already addicted, however, did not choose the morphine solution regularly and in fact decreased their morphine use, despite withdrawal.

P176 says Alexander "When we provide our children with heritage and beliefs that bring shape to culture, we reduce the likelihood of psychopathology," In the end it comes down to dignity, and both men believe in it.

P178 One of Alexanders methodological flaws. He created heaven and found - no surprise - that in it we are happy...The romantic view of the world, which holds that we are able to actualize our potent selves if only given the chance, is as powerful and persuasive a stance as its opposite, the classical view, my view, rooted in skepticism, even cynicism: life is hard, everywhere you turn there are flaws; every colony you enter is really a cage.

Yet the reality of slavery that your lifestyle relies on... just to be cynical?... I bet the slaves wish they had that privilege - to be cynical "luxury belief"

P187 Twenty-five percent of the subjects suddenly remembered being lost in a mall and, when debriefed, expressed surprise, or even shock, at the deception

P212 the use-it-or-lose-it credo is correct. Every time you practice a task, you further burn into your brain the webwork of neurons responsible for carrying out

that task; the more you rehearse a memory, telling it to yourself over and over, the stronger and smoother the electrochemical conversation between those particular synapses in your skull.

P217 Phosphodiesterase-4

P219 the human brains need to forget... a twenty-one-year-old man, treated by A.L. Luria. S... twenty years later could remember every story word for word in every newspaper printed in his province...S., however had serious problems. He was unable to glean meaning from anything he read... unable to read facial expression...

P234 What makes lobotomy great is not necessarily what it did or didn't do, but how, in its extremity, it forces us to question medical ethics: **What constitutes informed consent?** Is it ethical to substitute one form of organic brain dysfunction for another? Can doctors ever justify harming apparently healthy human tissue? Is there some inherent sanctity to the human brain? Will surgeons soon, if they have not already; become the long arm of the law? It is ironic that **the operation feared to remove the soul, the spark, forces us to ask the question that bring us right to the burning place, where we must learn to weigh what we're willing to lose, and tussle with the complexity of cure....** in 1948 the *New York Times* ran this headline: Surgery used on the soul-sick; relief of obsessions is reported.: New Brain technique is said to have aided 65% of the mentally ill person on whom it was tried as a last resort, but some leading neurologists are highly skeptical of it.

Antipsychotics could be seen to be the same "operation" – is it ethical to drug someone, because their "natural state" (seemingly produced as a response to the unnatural state we all live in) is too uncomfortable for us to bear? The harsh reality of the effects our society produces on the soul of man "society and it's discontents"

The Biology of Belief

Introduction p.1 "In the innocence of my child mind, I saw this organism not as a cell but as a microscopic person, a thinking, sentient being. Rather than aimlessly moving around, this microscopic, single celled organism appeared to me to be on a mission, though what kind of mission I didn't know."

Handbook to Higher Consciousness

p. 87, "TO BE FREE:

1. Explore the suffering
2. Pinpoint the addictive demand
3. Reprogram the addictive demand.
4. Experience freedom "

How the World Works

P.12, We must therefore combat a dangerous heresy which, US intelligence reported, was spreading: "the idea that the government has direct responsibility for the welfare of the people." (governments instituted by men for men dec. indep.)

The essential threat of the communist powers is their refusal to fulfill their service role – that is, "to complement the industrial economies of the west." – Kennan

P.13, warriors murdered and destroyed, demolished the political system, left US corporations firmly in control, and set the stage for brutal and corrupt dictatorships

During World War II, study groups of the State Department and Council on Foreign Relations developed plans for the postwar world in terms of what they called the "Grand Area," which was to be subordinated to the needs of the American Economy...**Every part of the new world order was assigned a specific function. The industrial countries were to be guided by the "great workshops" – Germany and Japan – who had demonstrated their prowess during the war and now would be working under US supervision. The Third World was to "fulfill its major function as a source of raw materials and a market" for the industrial capitalist societies, as a 1949 state department memo put it. It was to be "exploited"** (in Kennan's words)

P.14 the same is true of other industrial societies. The US government has the public pay or research and development and provides, largely through the military, a state-guaranteed market for waste production. If something is marketable, the private sector takes it over. That system of public subsidy and private profit is what is called *free enterprise*.

P.15 The major thing that stood in the way of this was the antifascist resistance, so we suppressed it all over the world, often installing fascists and Nazi collaborators in its place. Sometimes that required extreme violence, but other times it was done by softer measures, like subverting elections and withholding desperately needed food.

P.18, the planner's basic goals, repeated over and over again, ... if by some fluke, they did take power, to remove them and install governments that favor private investment of domestic and foreign capital, production for export and the right to bring profits out of the country

P.19 The US has been willing to tolerate social reform – only when the rights of labor are suppressed and the climate for foreign investment is preserved.

While the US pays lip service to democracy, the real commitment is to "private, capitalist enterprise." When the rights of investors are threatened, democracy has to go: if those right are safeguarded, killers and torturers will do just fine... The methods are not very pretty. What the US-run contra forces did... or what our terrorist proxies do... isn't just ordinary killing. A major element is brutal sadistic torture – beating infants against rocks, hanging women by their feet with their breasts cut off and the skin of their face peeled back so that they'll bleed to death, chopping people's heads off and putting them on stakes. The point is to crush independent nationalism and popular forces that might bring about meaningful democracy.

P.21, There's a reason for that. The weaker and poorer a country is, the more dangerous it is as an example. If a tiny, poor country can succeed in bringing about a better life for its people, some other place that has more resources will ask "Why not us?" (3)

If you want a global system that's subordinated to the needs of US investors, you can't let pieces of it wander off. It's striking how clearly this is stated in the documentary record - even in the public record at time (4)

P.22,

Despite 40 years of CIA subversion, Italy still has a labor movement. Seeing a social democratic government succeed in Chile would send the wrong message to Italian voters. Suppose they got funny ideas about taking control of their own country and revived the workers movements the CIA undermined in the 1940s? (1)

US planners from Secretary of State Dean Acheson in the late 1940s to the present have warned that "one rotten apple can spoil the barrel." The danger is that the "rot" - social and economic development - may spread. (2)

In other words, what the US wants is "stability," meaning security for the "upper classes and large foreign enterprises." If that can be achieved with formal democratic devices, OK, if not, the "threat to stability" posed by a good example has to be destroyed before the virus infects other. That's why even the tiniest speck poses such a threat and may have to be crushed. (5)

P.28, According to South magazine, Brazil has a higher infant mortality rate than Sri Lanka. A third of the population lives below the poverty line and "seven million abandoned children beg, steal and sniff glue on the streets. For scores of millions, home is a shack in the slum... or increasingly, a patch of ground under a bridge," that's Brazil, one of the naturally richest countries in the world.

The situation is similar throughout Latin America. Just in Central America, the number of people murdered by US backed forces since the late 1970s comes to something like 200,000 , as popular movements that sought democracy and social reform were decimated

P. 29 "the Crucifixion of El Salvador" - in February of 1980, the Archbishop of El Salvador, Oscar Romero, sent a letter to President Carter in which he begged him not to send military aid to the junta that ran the country. He said such aid would be used to "sharpen injustice and oppression against the people's organizations" which were struggling "for respect for their most basic human rights" A few weeks later archbishop Romero was assassinated"

P. 31 **"The Atlacatl Battalion was being trained by US Special Forces** shortly before murdering the Jesuits. This has been a pattern throughout the battalions existence - some of the worst massacres have occurred when it was fresh from US training.

In the "fledgling democracy" that was el Salvador, teenagers as young as 13 were scooped up in sweeps of slums and refugee camps and forced to become soldiers. They were indoctrinated with rituals

adopted from the Nazi SS., including brutalization and rape, to prepare them for killings that often had sexual and satanic overtones.

The nature of Salvadoran army training was described by a deserter who received political asylum in Texas in 1990, despite the state departments request that he be sent back to el Salvador

According to the deserter, draftees were made to kill dogs and vultures by biting their throats and twisting off their heads and had to watch as soldiers tortured and kill suspected dissidents- tearing out fingernails, cutting ff their heads, chopping bodies to pieces and playing with the dismembered arms for fun.

The results of Salvadoran military training are graphically described in the Jesuit journal America by Daniel Santiago, a catholic priest working in El Salvador. He tells of a peasant woman who returned home one day to find her three children, her mother and her sister sitting around a table, each with its own decapitated head placed carefully on the table in front of the body, the hands arranged on top "as if each body was stroking its own head."

P. 32 According to Rev. Santiago, Macabre scenes of this kind aren't uncommon. People are not just killed by death squads in el Salvador- they are decapitated and then their heads are placed on pikes and used to dot the landscape. Men are not just disemboweled by the Salvadoran treasury police; their severed genitalia are stuffed into their mouth. Salvadoran women are not just raped by the national guard, their wombs are cut from their bodies and used to cover their faces. It is not enough to kill children; they are dragged over barbed wire until flesh falls from their bodies while parents are forced to watch

P.35, Administration officials said they are content to see debilitation by forcing them to divert scarce resources toward the war and away from social programs (reported on by Julia Preston then working for the Boston Globe)

P.36 US achievements are a major tragedy, not just because of the appalling human cost, but because there were prospects for real progress towards meaningful democracy and meeting human needs. These efforts might have worked and might have taught useful lessons to others plagued with similar problems - which, of course, was exactly what the US planners feared. The threat has been successfully aborted, perhaps forever. (ref. p. 28-32)

71

72

118, there has always been racism, but it developed as a leading principle of thought and perception in the context of colonialism, that's understandable. When you have your boot on someone's neck, you have to justify it. The justification has to be their depravity... If you're robbing someone, oppressing them, dictating their lives, it's a very rare person who can say: Look, I'm a monster, I'm doing this for my own good... Even Himmler didn't say that. A standard technique of belief formation goes along with oppression, whether it's throwing them in gas chambers or charging them too much at a corner store, or anything in between. The standard

reaction is to say: It's their depravity, that's why I'm doing it. Maybe I'm even doing them good

124 "it's not so much that racism is in our genes; what is in our genes is the need for protecting our self-image. It's probably in our nature to recast anything that we do in some way that makes it possible for us to live with it.[Reinhold Niebuhr's Paradox of Grace] what it comes down to is this: No matter how much you try to do good, you're always going to do harm... That's very appealing for people who are about to enter a life of crime - to say, no matter how much I try to do good, I'm always going to harm people. I can't get out of it. It's a wonderful idea for a mafia don. He can go ahead and do whatever he feels like. If he harms people. Oh my god, the paradox of grace."

125-126, "Many proponents of free market theory and market capitalism say you've got to give people the ability to compete - it's a natural thing. There are certainly conditions under which people will compete, and there are also conditions under which people will cooperate. For example: take a family,. Suppose that whoever is providing the money for the family loses his or her job, so they don't have enough food to eat. The father is probably the strongest one in the family. Does he steal all the food and eat it, so all the kids starve? No, what you do is share. Does that mean they're not competitive? No. It means that in THAT circumstance, they share. Those circumstances can extend quite broadly - for example, they can extend to the whole working class. That's what happens in periods of working class solidarity, when people struggle together to create unions and decent working conditions,

126, When I was in college, I would take boxing... we were all amazed to find that after doing this pushing around for a while, we really wanted to hurt that other guy, our best friend. We could feel it coming out - we wanted to kill each other.

Does that mean that the desire to kill people is innate? In certain circumstances that desire is going to come out, even if it's your best friend. There are circumstances under which this aspect of our personality will dominate. But there are other circumstances in which other aspects will dominate. If you want to create a humane world, you **change the circumstances**.

138 prisoners dilemma

201, The United States with 5% of the world's population, consumes 40% of the world's resources. If you measure economic health by profits, then such consumption is healthy. If you measure the consumption by what it means to the people, it's very unhealthy, particularly in the long term.

205, There is only one way to deal with these things. Being alone, you can't do anything. All you can do is deplore the situation. But if you join with other people, you can make changes, Millions of things are possible, depending on where you want to put your efforts.

222, "another assault against defenseless people, based on a very effective propaganda campaign to make people hate and fear the poor.

That's smart because you don't want them looking at the rich, at what fortune and business week call dazzling and stupendous profit growth, at the way the military system is pouring funds into advanced technology for the benefit of private industry. No, you want them to look at some imaginary black mother driving

a Cadillac to pick up a welfare check so she can have more babies. Why should I pay for that? People ask

The effectiveness of this campaign has been striking. Although most people think the government has a responsibility to ensure reasonable, minimal standards for poor people, they're also against welfare, which is what the government efforts to ensure reasonable, minimal standards for poor people are called. That's a propaganda achievement you have to admire.

234, The smart way to keep people passive and obedient is to strictly limit the spectrum of acceptable opinion, but allow very lively debate within that spectrum – even encourage the more critical and dissident views. That gives people the sense that there's free thinking going on, while all the time the presuppositions of the system are being reinforced by the limits being put on the range of the debate.

238, the 1996 telecommunications act...

289

293

311, you've got to free yourself intellectually, and you can't do it alone – you liberate yourself through participation with others, just as you learn things in science by interacting with others. Popular organizations and umbrella groups help create a basis for this.

Dharma Punx

P.12. "The next summer Toby and I had our first acid trip...We ran through the alleys of Capitola laughing our heads off at nothing. Hiding from the imagined Nazis who were chasing us. Diving into the sand on the beach as though escaping into a secured bunker. On the beach we were sage and took some time to relax before returning to the village to continue evading the troops."

P.42 "I didn't even know what my dad's books were about, I had never even read one- some hippie shit about being nice and passive, I figured. Meditation and all that boring crap. Not for me. Everyone knows that the hippies failed. A bunch of drugged out, dirty rich kids talking about peace and love. No fucking way. The only thing that was going to make a real change was to abolish government. Anarchy was the only solution. It was too late for peaceful protest – we had to fight the oppressors and the brain-dead followers of the dictates set up by the capitalist system. I got so mad thinking about all of this and how I was there for standing up against a bully, fighting against the oppressor, caught up in the system"

P.46 "One day after we'd both gotten out Billy ate too much acid and we found him running around downtown screaming and hiding in the bushes on the Pacific Garden Mall. He didn't even recognize me anymore. He was yelling something about the Nazi's coming and dove into the bushes, and then he took off running across the street, almost getting hit by a car. "

P.156 "A couple days before I left Sri Lanka there was a huge suicide bombing in Colombo. Afterward, there were checkpoints everywhere and men with machine guns roaming the streets. Another wake-up call to the universality of

hatred and war. When I thought of going to Asia I had all these visions of gentle Buddhist monks everywhere, of peaceful villages with happy people, and I had certainly seen a lot of those but I wasn't expecting all the violence and fear that I also encountered. It made me appreciate America a little bit more. Even with all the corruption of our government and the sexism, racist politics, oppression, and greed that make up so much of the Western society, at least I usually felt safe walking down the street. Even if the cops were going to harass me for being a punker, they probably weren't going to kill me. Of course, I knew that for many people in America, people of color or gays or even women, it isn't always safe to walk down the street. So basically, I came to the conclusion that everywhere is fucked! Just as the Buddha taught, this whole world is a realm of samsara, a place of suffering and death. That's why I was over there, trying to escape from this realm and awaken to the realm of Nirvana"

P.204 " The teachings which lasted for five days, focused on the cultivation of bodhicitta, the arousal of the compassionate heart, and ended in a vow of empowerment: setting the intention to use one's life and all subsequent lives to help alleviate the suffering of others until all beings are eventually liberated."

P.240 "After some time I realized that I was experiencing survivor's guilt. It was as if I had lived through a war and was one of the only ones left."

Autobiography of a Yogi

P.7 "why be elated by material profit?" father replied. "The one who pursues a goal of even mindedness is neither jubilant with gain nor depressed by loss. He knows that man arrives penniless in this world and departs without a single rupee."

P.13 I understood later that the explosive vibratory power in speech could be wisely directed to free one's life from difficulties thus operate without scar or rebuke.

P.14 The infinite potencies of sound derive from the creative word, aum, the cosmic vibratory power behind all atomic energies. Any word spoken with clear realization and deep concentration has a materializing value. Loud or silent repetition of inspiring words has been found effective in Coueism and similar systems of psychotherapy; the secret lies in the stepping-up of the mind's vibratory rate.

P.20 "as a spiritual engine, he will carry many souls to God's kingdom

P.29 "Are we living in this material age, or are we dreaming?"

P.30 in its own way, physical science is affirming the validity of laws discovered by yogis through mental science. For example, a demonstration that man has televisual powers was given on Nov. 26 1934, at the Royal University of Rome. "Dr. Giuseppe Calligaris, professor of neuro-psychology, pressed certain parts of a subject's body and the subject responded with minute descriptions of persons and object on the opposite side of a wall. Dr. Calligaris told the professors that if certain areas on the skin are agitated, the subject is given supersensorial impressions enabling him to see object that he could not otherwise perceive. To enable his subject to discern things on the other side of a wall. Professor calligaris pressed a spot to the right of the thorax for fifteen minutes. Dr. Calligaris said that

when certain spots of the body are agitated, the subjects can see objects at any distance, regardless of whether they have ever before seen those objects."

Dream posture

P.32 "at work, I find an overpowering sensation rising in my spine. It permeates my whole body, unfitting me for the performance of my duties."

P.33 The power of appearing in more than one body is a siddhi (yogic power) mentioned in Patanjali's Yoga Sutras (see 265-266 n.) the phenomenon of bilocation has been exhibited in the lives of many saints down the ages. In the story of Therese Newmann (Bryce Pub. Co.) A.P. Schimberg describes several occasions on which this Christian saint has appeared before, and conversed with, distant persons needing her help.

P.36 "Is this your love for the Lord? Can't you stand the little test of a treacherous companion?"

P.39 "The beloved mother is taking care of me.' He pushed his dangling arm into the stump and lo! It adhered: the blood inexplicably ceased to flow

P.45 If asked to explain the different planes of consciousness mentioned in the ancient texts he would smilingly assent. "'I will undergo those states, and presently tell you what I perceive."

P.47 The ego principle, Ahankara (lit. "I do") , is the root cause of dualism or the seeming separation between man and his creator. Ahankara brings human beings under the sway of Maya (cosmic delusion)

Dipping into source

P.51 Few there be who solve her mystery! Good and evil is the challenging riddle which life places sphinxlike before every intelligence. Attempting no solution, most men pay forfeit with their lives... self-analysis mathematically operates to produce seers

P.52 ingenuity is equal to the maze. Inner research soon exposes a unity of all human minds - the stalwart kinship of selfish motive... "only the shallow man loses responsiveness to the woes of others' lives, as he sinks into narrow suffering of his own"

P.57 Subtle life forces or finer-than-atomic energies intelligently charged with the five distinctive sensory idea-substances

Industrial Society and Its Future

(most include my edits, some are "stand alone gems")

1. The continued development (of private investors and copyrighted technologies) will worsen the situation.
2. There is (a) way of reforming or modifying the system - by protecting the individuals and surrounding environments right to dignity and autonomy /realizing/establishing

3. ~~, so if it is to break~~ - unless direct measures are taken to create self-sufficient independent colonies/cities capable of disaster preparation and adapting, re-inhabiting/restoring the natural environment, instead of ignorantly expecting it to adapt to us
4. Against the - privatization and corrupt laws plaguing the technological industrial system
 - a. May or not make use of violence (but will establish a right of defending life, water from possible violence) (the very thing we are denouncing)
 - b. But the (holocaustic supply chain of) the economic
5. - 6. The psychology of modern "conservatives" - abbreviated for a neglect of any tangible conservation efforts towards people, health, environment or anything beyond their conservation of abstract and figmented monetary stashes. (It should be discussed that this breed of humans is a direct and promoted product of the reward system which has been promoted by a individualistic, capital centered culture of the United States. This breed of human thought form plagues the private investors currently ruling the world.
9. three... that underlie modern "conservatives/rightists" "narcissistic superiority/(inferiority complex), narrow short-sighted vision and a paranoid-delusional-self-centered reality of beliefs allowing them to neglect their civic responsibility to society and the environment (from which they were born from)
10. related traits; high/artificial self-esteem, addictions to a deluded sense of powerfulness, projective anger tendencies, competitiveness, pride, self-obsession, etc.

Replace every instance of the term 'modern leftism' with modern conservatives/**rightism**/republicans/fascists/faggots (gays have never been under that word, for they left their cultural/familial envelope, took the risk to find security in self away from the bundle, and stood on their own for their rights) (rightism is promoted because it usually involves a sense of individual rightness (over wrongness) and is a product of concrete-formal (not post-formal which is encouraged) thoughtform
11. to neglect the hyper-sensitives and their emotional entanglement with words, their trauma associated with them and their viewpoint concerning the correct or incorrect uses of these words is to detach from the empathic abilities which give rise to a new language and a whole culture that nourishes our inner child and cultivates an attachment for, not against the world - such like the current state of detached, dismissive, insensitive/sociopathic-autistic (not all autistics fall under this category, actually the majority of diagnosed don't, speaking towards the general autistic culture of adults 'living in their own world') products of our current culture not only creates but encourages
12. come from privileged... society (because with out the privilege of having their basic needs met (unlike the majority of the enslaved world) to which allowed them to have time capable of being conscientious of their past and

future needs (while the rest of the world is focused on meeting their present physical needs)

25. “non moral origin” – the origin of the deficient (moral) self-image begins in early infancy; when a need is not respected, responded, the child develops an understanding – their needs are not important – creating a dual persona and the beginning of dream self-talk/teach. (this is to say our morality for right/wrong, yes/no, good/bad begins with our ability to read social cues and trust the accuracy of what others have determined that what we can or cannot eat.

26. Ashamed of HIMSELF (non-moral origin) – It's not all about you” neglect of individual to self-realize and transcend single minded self-centered consciousness

“The majority of people” are childish, inattentive, easily manipulated (by advertisements and heuristics) misdirected, and generally unconscious

“generates in himself shame and self-hatred” – not if he is conscious to transfer his hatred through talk therapy, latency objectives or purposeful and goal oriented “surrogate activities”

“The *accepted* morality” – is not the objectively true morality/reality

“Socialization is not just a matter of morality”

“Conform to many norms” – without morality/self-developed-trust/reliance/conscientiousness/(or a “dare to think wise”) one will easily conform (as shown by Solomon Asch)

Surrogate Activities and Luxury Beliefs

38. When people do not have to exert... to satisfy physical needs... they set up artificial goals (what about conscious goals directed towards satisfying the physical needs of others? HUH?!;)

Hierarchy of needs – belonging – esteem- realization/acceptance to transcendence

Give them **real goals** (ref. the intranational and third world problems)

The Over socialized redefined as: transcendent (of self-oriented agenda), moldable, fluid and capable of changing versus the robotic, shameless, under-socialized individualist repeating self-destructive patterns of distrust and denial

29. “they want to integrate the black man into the system” – NO, they (we) want to give the black man an equal say in creating a new system by giving him the skills, knowledge & language to effectively communicate, receive peer review

The privilege to get to know oneself, to overcome trauma, build family and contribute to a beautiful new enlightened world

not make the black man conform to white ideals – but give him the privilege to think and act on his own, to create his own ideals and to find meaning in his own heritage

190. generally avoid blaming the public (blame the advertisers)

33. (The (conscious) power process is self-esteem, self-sufficiency, mastery, preparedness, it is respond-ability, provides self-security and trust in self beyond others...)

24. fighting aristocracies and goals (the 'beneficial' feelings of threat, fear to produce a myriad of responses and a goal to overcome)

39. emphasize sex as surrogate activity in modern culture of excess and addiction, latency spiritual emotional creative development

44. Power process is esteem process (43) belonging process (ID w/ powerful organization/" animal types")

SOURCES OF SOCIAL PROBLEMS

46. disruption of the power process (will accept after redef.)

47. Population density, isolation from nature, excess (49) – rapidity of social change, breakdown of natural small communities; ext. family, village, tribe.

48. excess noise technologies

49. no stability (as such was with nature)

51. right for small scale communities to pursue own advantages @ the expense of the system

52. our system promotes people based on loyalty and we are inefficient

54. crowding not decisive psycho factor (agreeable)

58. only equality (the goal of leftists) will re-establish a proper power process

59-76. Disruption of the power process 76 – accepting that one is powerless (aa treatment) and that society (EARTH) gives them everything, all opportunities and more. Without which the power process you seek is the void of space without any outside help. Accepting you are powerless in the grand scheme and finding a middle path of mastery in-between

- How to overcome addiction to power the leading problem of individualist, fascist thought form.

82. advertising, materialism and consuming is the NEW power process (new to physical needs or prim. Society)

87. MOTIVES OF SCIENTISTS

I agree they are inauthentic (especially the necrophiliac culture disrespecting portions expressed in chinook resilience) – but more so – unconscious to the fact that we have already all tech. for liberating the world

& that the real source of problems is our fascist, neo Nazi, holocaust supporting private investors

But (190) avoid blaming the public (do not blame scientists for being unconscious)

OVERCOMING THE POWER PROCESS (addiction) by way of grief model (conscious acceptance) respond-ability

93. Nature of freedom circle jerking disruption of power process and (76) as long as society gives it to them it has them on a leash (not true- giving survival skills, like the one YOU read about (not that you discovered on your own) were given to you,

93 & 76 - society, earth, gives you knowledge and skills in order to become "powerful" you do not ever attain power on you own - you did not born yourself and become a man with out the NOURISHMENT or NEGLECT of a mother, family and society that shaped you into who you are today. DO NOT NEGLECT YOUR ORIGIN

111. Industrial technological society cannot be reformed in such a way to prevent it from progressively narrowing our sphere of freedom.

FALSE (more circle jerking over false sense of freedom) but in comparison to the freedoms enjoyed by people of his generation (freedoms at the expense of 3rd world slaves/abuse) by reforming/establishing rights/education/equality/consent and speech by working with and by nature instead of against it for profit/self-centered gain

186 - 187 STRATEGY (ok)

145. Anti-depressants are a means of modifying an individual's internal state in such a way as to enable him to tolerate social conditions he would otherwise find intolerable (ref. 157)

157. There may or may not be an immaterial human soul, but if there is one, it is clearly less powerful than the biological mechanisms which govern an individual's behavior

132. Reward is more powerful motivator than punishment or negative outcome (re; "justice system disservice") def. of addiction (under terminology) in Kiwix reinforcement **(addiction - a brain disorder characterized by compulsive engagement in rewarding stimuli despite adverse consequences)**

147. many primitive peoples... sit for hours... at peace with themselves and their world

156. until quite recently in human history, most people got along with no other entertainment than that which the local community provided itself

135. strong man sick, weak man kill STORY (provide rebuttal?)

128. **His fate is no longer in his own hands or his neighbors**

(don't forget the ones from phone pictures and Eloin files and my first journals from Eloin)

How to keep desirable technical advances out of the hands of politician/remote technicians, etc. (opensource ecology) – (self-sustainable autonomous villages)

OAHSPÉ Jehovah's kingdom

Cc slave goods; 1. Insecurity, 2. Abuse, 3 Suicide (addiction and mental power games)

Modern Culture Triangle Self (suicidal (either mentally or behaviorally), others (abuse (both apparent and hidden from sight)), Future (insecure (infrastructurally unsound))